

Crew Off Duty • Attitude Transition (OCK to PCO)

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–10:30		Weekly housecleaning
10:55–11:00	FE-1	IMS auto import/export
11:00–12:15		Physical exercise (RED)
11:15–12:15	CDR	Physical exercise (TVIS-2)
12:15–13:15		LUNCH
13:15–13:45		Weekly planning conference (<i>S-band</i>)
13:55–14:15		Weekly conference with Program management (<i>S-band</i>)
14:15–14:55	CDR	Maintenance of COЖ
16:45–18:00	FE-1	Physical exercise (TVIS)
18:00–19:30	CDR	Physical exercise (TVIS-2)
19:30–20:00		Daily food prep
20:00–20:30		DINNER
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

NOTE: See OSTP for references to US activities.

End of radiogram